

## Summer 2025 Pool Schedule

### June 30 – August 23, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Water Works</b> <i>With Meryl</i> <b>(8:00-9:00)</b>	<b>Lap &amp; Leisure</b> <b>(8:00-9:00)</b>	<b>Water Works</b> <i>With Meryl</i> <b>(8:00-9:00)</b>	<b>Lap &amp; Leisure</b> <b>(8:00-9:00)</b>	<b>Water Works</b> <i>With Meryl</i> <b>(8:00-9:00)</b>
<b>Splash</b> <i>With Meryl</i> <b>(9:00-10:00)</b>		<b>Splash</b> <i>With Meryl</i> <b>(9:00-10:00)</b>		<b>Splash</b> <i>With Meryl</i> <b>(9:00- 10:00)</b>
<b>Joint Venture</b> <i>With Meryl</i> <b>(10:00-11:00)</b>		<b>Joint Venture</b> <i>With Meryl</i> <b>(10:00-11:00)</b>		<b>Lap &amp; Leisure</b> <b>(10:00-11:00)</b>
<b>Lap &amp; Leisure</b> <b>(12:00-1:00)</b>	<b>Lap &amp; Leisure</b> <b>(12:00-1:00)</b>	<b>Lap &amp; Leisure</b> <b>(12:00-1:00)</b>	<b>Lap &amp; Leisure</b> <b>(12:00-1:00)</b>	<b>Lap &amp; Leisure</b> <b>(12:00-1:00)</b>
	<b>Joint Venture</b> <i>With Meryl</i> <b>(5:00-6:00)</b>		<b>Joint Venture</b> <i>With Meryl</i> <b>(5:00-6:00)</b>	

### Adult Water Exercise Class Descriptions

**Water Works:** A light 30-minute aerobic workout followed by muscle toning exercises in the shallow and deep end.

**Splash:** A high-energy aerobic workout for over 30 minutes. Includes samples of HIIT (high intensity interval training) and Tabata. Toning exercises are done in the shallow and deep end.

**Joint Venture:** Develop muscular strength, endurance, balance, and coordination in a warm-water pool. Follows the Arthritis Foundation Guidelines.

**Lap & Leisure:** You can swim in our warm water with your friends or solo.